

## SMOOTH MOVE WORKSHOP SCHEDULE FOR 2004

1. The following are dates and times reserved for Smooth Move workshop:

<b><u>Month</u></b>	<b><u>Date</u></b>	<b><u>Day</u></b>	<b><u>Time</u></b>	<b><u>Location</u></b>
December 2003	Tuesday	9	0800-1400	CAPO Inn, Large Conference Room
January	Monday	5	0800-1400	CAPO Inn, Large Conference Room
February	Wednesday	4	0800-1400	Support Site, FFSC, Classroom A and B
March	Thursday	4	0800-1400	Support Site, FFSC, Classroom A and B
April	Thursday	8	0800-1400	Support Site, FFSC, Classroom A and B
May	Thursday	6	0800-1400	Support Site, FFSC, Classroom A and B
June	Wednesday	2	0800-1400	Support Site, FFSC, Classroom A and B
July	Thursday	8	0800-1400	Support Site, FFSC, Classroom A and B
August	Thursday	12	0800-1400	Support Site, FFSC, Classroom A and B
September	Thursday	9	0800-1400	Support Site, FFSC, Classroom A and B
October	Wednesday	27	0800-1400	Support Site, FFSC, Classroom A and B
November	Thursday	18	0800-1400	Support Site, FFSC, Classroom A and B
December	Wednesday	22	0800-1400	Support Site, FFSC, Classroom A and B

2. Note that commencing in February, the Smooth Move class will be held on Thursday or Wednesday at the Support Site in Classroom A & B of Fleet and Family Support Center. With this change only two speaker will have to travel vise nine that now travel between Capo and Support Site.